

Microfracture Post-Operative Rehabilitation **(condylar/plateau)**

ROM Restrictions: ____ ext. to ____ flex.

Brace Settings: ____ ext. to ____ flex.

Weight Bearing Status: NWB, TTWB, PWB, WBAT

PHASE I EXERCISES (Weeks 1 through 6)

- Extension/Flexion (wall slides, sitting, prone)
- Quad sets with straight leg raises
- Hamstring sets
- Patellar mobilizations/quad and patellar tendon mobilization (emphasize)
- 1/3 knee bends (begin at 8 weeks)
- Toe and heel raises (begin at 8 weeks)

Muscle Stretches

- Sit and reach for hamstrings +/- towel (start at 3 weeks)
- Stork stand for quadriceps
- Runners stretch for calf and Achilles

CARDIOVASCULAR EXERCISE

- Bike and row single well leg (weeks 2-6)
- Both leg bike no resistance (begin at 3 weeks and add resistance at 6)
- Swimming with fins (begin at 7 weeks)
- Elliptical trainer (begin at 10 weeks)
- Rowing (begin at 10 weeks)
- Stair stepper (begin at 3 months)
- Treadmill incline 7-12% very slow pace (begin at 7 weeks)

PHASE II SPORT CORD EXERCISES (begin after 6 weeks)

- Double knee bends (weeks 7 to 12)
- Carpet drags (7 weeks on)
- Gas pedal (weeks 7 to 10)
- Forward/backward jogging (begin at 10 weeks)
- Single knee bends (begin at week 10)
- Side to side lateral agility (begin at 12 weeks)

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PHASE III-WEIGHTS (begin at 12 weeks)

- Leg press to 90 degrees
 - Leg curls-extend to neutral only
 - Abduction/adduction
 - Balance squats
 - Mini squats with bar
- *no open chain extensions

PHASE IV- HIGH LEVEL ACTIVITIES

- Outdoor biking (begin at 10 weeks)
- Rollerblading (begin at 5 months)
- Running (begin at 5 months)
- Skiing, basketball, football, soccer (begin at 6 months)
- Golf (begin at 5 months)
- Agility exercises (begin at 3 months)
- Mountain Bike (begin at 5 months)